

**PERBANDINGAN *POSITIVE YOUTH DEVELOPMENT* SISWA YANG  
MENGIKUTI EKSTRAKURIKULER OLAAHRAGA DAN TIDAK  
MENGIKUTI EKSTRAKURIKULER DI SMAN 97 JAKARTA**

**SKRIPSI**

Diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana  
Pendidikan Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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2020**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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Universitas Pendidikan Indonesia

Juli 2020

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## ABSTRAK

Penelitian ini memiliki tujuan untuk mengetahui perbedaan pengembangan sikap positif siswa atau siswi yang mengikuti ekstrakurikuler olahraga dan tidak mengikuti ekstrakurikuler. Metode penelitian yang digunakan adalah penelitian komparatif kuantitatif, dengan desain kausal komparatif. Populasi pada penelitian ini yaitu 100 orang siswa atau siswi kelas X dan XI, yang mengikuti ekstrakurikuler olahraga dan tidak mengikuti ekstrakurikuler dan sampel yang digunakan adalah 40 orang siswa atau siswi SMAN 97 Jakarta yang dibagi dalam 2 kelompok berbeda. Instrumen yang digunakan adalah *Positive Youth Development Inventory (PYDI) (Short version)* kemudian dianalisis dengan uji *independent sample t-test*. Hasil dari penelitian ini adalah terdapat nilai signifikansi  $p(0,00) < 0,05$  yang berarti terdapat perbedaan *Positive Youth Development* siswa yang mengikuti ekstrakurikuler olahraga di SMAN 97 Jakarta. Dari data yang diperoleh, dapat disimpulkan bahwa ekstrakurikuler olahraga memiliki *positive youth development* yang lebih baik pada siswa atau siswi SMAN 97 Jakarta yang mengikuti ekstrakurikuler olahraga dibandingkan dengan siswa atau siswi yang tidak mengikuti ekstrakurikuler.

Kata kunci : Ekstrakurikuler, *Positive Youth Development*, *Positive Youth Development Inventory (short version)*, Siswa

## ABSTRACT

This study aims to determine the differences in the development of positive attitudes of students who take extracurricular sports and not take extracurricular activities. The research method used is quantitative comparative research, with a comparative causal design. The population in this study were 100 students of class X and XI, who took sports extracurricular activities and did not take extracurricular activities and the sample used was 40 students or female students of SMAN 97 Jakarta who were divided into 2 different groups. The instrument used was *Positive Youth Development Inventory (PYDI)* (Short version) and then analyzed by using the independent sample t-test. The result of this research is that there is a significance value of  $p(0.00) < 0.05$ , which means that there is a difference in the *Positive Youth Development* of students who take extracurricular sports at SMAN 97 Jakarta. From the data obtained, it can be concluded that sports extracurricular activities have better positive youth development for students of SMAN 97 Jakarta who take sports extracurricular activities compared to students or students who do not take extracurricular activities.

Keywords: Extracurricular, Extracurricular, *Positive Youth Development*, *Positive Youth Development Inventory (Short Version)*, Students

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